



Pink Grapefruit Sparklers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

Ingredients

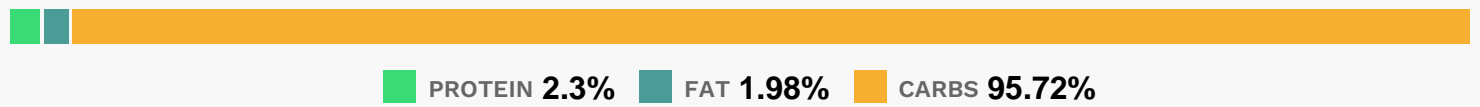
- 1 liter club soda chilled
- 3 cups pink grapefruit juice fresh (from 4 medium grapefruits)
- 0.3 cup juice of lemon (from 2 large lemons)
- 10 servings mint leaves for garnish, optional
- 1 cup pomegranate juice (or cranberry)
- 0.5 cup sugar

Equipment

Directions

- Stir sugar and lemon juice in a large pitcher until sugar has dissolved.
- Add grapefruit and pomegranate juices.
- Mix well, cover and refrigerate for 8 hours or overnight. Stir juice mixture and divide among 8 glasses filled with ice.
- Pour in seltzer and serve immediately.
- Garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:10.72, Inflammation Score:-2, Nutrition Score:2.4117391439884%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 86.56kcal (4.33%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 21.46g (7.8%), Sugar: 21.06g (23.4%), Cholesterol: 0mg (0%), Sodium: 25.13mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 21.75mg (26.36%), Potassium: 182.15mg (5.2%), Magnesium: 10.99mg (2.75%), Vitamin K: 2.59µg (2.47%), Folate: 9.75µg (2.44%), Iron: 0.38mg (2.1%), Manganese: 0.04mg (1.88%), Calcium: 16.3mg (1.63%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.21mg (1.39%), Phosphorus: 11.74mg (1.17%)